

MSD Prevention in the Workplace

March 31, 1999

CR-101 filed last December

On December 1, 1998, L&I filed a CR-101, "Pre-proposal Statement of Inquiry" with the Washington State Code Reviser's Office. The CR-101 notifies the public that L&I is considering rule making on prevention of work-related musculoskeletal disorders. It appeared in Volume 98-24-093 of the Washington State Register.

Ergonomics Rule Making Advisory Committee begins its work

The Washington Department of Labor and Industries has convened an Ergonomics Rule Making Advisory Committee. The committee is advising L&I on the development of a proposed ergonomics rule and may suggest ways to enhance existing education, technical assistance and research efforts related to the prevention of work-related musculoskeletal disorders. The 30 members come from large and small businesses, labor and the medical community. They represent a range of industries east and west of the Cascades. (Members' names are listed below.) The advisory committee has met twice (February 23 and March 16). Additional meetings are set for April 6, April 27, May 18, June 8 and June 29.

Web page tracks advisory committee's progress

Are you interested in following the advisory committee's work? L&I has created a web page that gives you a single place to check for updated information. On the Internet, you can read about the rule development process, track the committee's progress or provide feedback via e-mail. The web page lists previous and upcoming committee meetings, along with links to the issues under discussion. Minutes will be posted after the meetings occur. In addition, the web page provides information about L&I's educational resources on ergonomics and links to other informative ergonomics sites.

To reach L&I's ergonomics web page, go to wisha/ergo/. To go directly to the section on the advisory committee's work, use this URL: wisha/ergo/rule_dev/commsched.htm

If you don't have access to the Internet and want to receive a printed version of what is posted there, please call 360-902-6515.

Construction Advisory Committee forms ergonomics subcommittee

The Construction Advisory Committee (CAC), which advises L&I on occupational safety and health in the construction industry, has assembled a subcommittee on ergonomics rule making. The subcommittee will be discussing the same issues as the Ergonomics Rule Making Advisory Committee; however, the focus is limited to the construction industry. Members include construction labor and management. The advice of both the

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advisory committee and the CAC subcommittee will be considered in drafting the proposed rule on ergonomics.

Employer survey, claims study provide more answers

L&I's Safety and Health Assessment and Research for Prevention (SHARP) program recently released two reports pertaining to work-related musculoskeletal disorders and ergonomics. Musculoskeletal Disorders, Risk Factors and Prevention Steps summarizes the results of a SHARP survey of Washington employers. Work-related Disorders of the Back and Upper Extremity in Washington State, 1990-1997, provides updated data on workers' compensation claims involving MSDs. Copies of both reports are available by calling 360-902-5669 or 888-66-SHARP (toll-free).

OSHA releases draft regulatory text on ergonomics

The federal Occupational Safety and Health Administration (OSHA) on February 19, 1999, released draft text of a regulatory standard on ergonomics, reviving a long-stalled effort to produce a national standard. The draft is undergoing review for its impact on small business before the agency publishes a formal proposal. How will the federal effort change Washington states plans?

Michael Silverstein, M.D., assistant director for L&I's WISHA Services Division, says: "We are watching OSHA's progress closely and with great interest. But we are convinced that the best and most creative solutions for Washington state will come about right here at the state level. We don't have to wait for OSHA or develop an identical proposal to meet our legal requirement to be 'at least as effective as' an eventual federal rule."

L&I Ergonomics Rule Making Advisory Committee

Gregory Bang, MSPH
Industrial Hygienist, Boeing

Patricia Barcelona-Wilder, AIC
AVP & W/C Spec.,
Seafirst Bank

Buck Cameron, Industrial Hygienist
Director, Health Effects
United Brotherhood of Carpenters

Don Dahman, Owner/Operator,
Dahman Shellfish Company
Member, Int'l. Fed. of Independent
Business

Bill Daniell, M.D., MPH, Occupational
Medicine Physician and Epidemiologist,
Department of Environmental Health,
University of Washington

Jeff Dodd, Safety Manager, City of
Everett

Jerry Effenberger, President
A Olympic Forwarder Inc.

Dan Foster, Safety Specialist, Eddie
Bauer



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Joan K. Gribskov, Environmental,
Health and Safety Specialist, Ocean
Spray Cranberries

Gene N. Hain, Secretary-Treasurer,
Assoc. of Western Pulp and Paper
Workers

Dan Henderson, Safety Manager
Associated Grocers, Inc.

Jay Herzmark, King County Labor
Council

Bob Hollingsworth, CSP, Aluminum
Producers, WISHA Affairs Committee

Michelle Kom Gochnour, Occupational
Health Nurse, Washington State
Association of Occupational Health
Nurses

Lynn LaSalle, MOTR/L, Physical
Therapy Department, Allenmore
Hospital

Jeff Lutz, Safety Director
Washington State Farm Bureau

Laurie Merta, Area Representative
Washington Federation of State
Employees

Ellen S. Meyer, COHN-S, FNP, MSN,
Ergonomics Specialist, Microsoft
Corporation

Sharon Ness, R.N., UFCW Local 141

Janet Peterson, P.T., Physical Therapist
& Ergonomic Consultant, Washington
State Physical Therapy Association

Thomas D. Plummer, Aircraft Test
Technician
International Association of Machinists/
Aerospace Workers 751A

Brad Prezant, MSPH, MBA, CIH, CPE,
President, Prezant Associates, Inc.

Loren Schroeder, Safety
Coordinator/Ergonomic Liaison, IBP,
Inc.

Steven Richard Smith, M.D., MPH, Occ.
Medicine Physician, Lourdes
Occupational Health Center

Kate Stewart, MS, CPE
Owner, Stewart & Associates

Kathy Sutphin, Carpenter – Specialty
Training Coordinator, Carpenters-
Employers Apprenticeship and Training
Trust Fund of Western Washington

Howard Theimens, Safety Director,
Spokane Industries, Member, Associated
Industries of the Inland Northwest

Frank Turman, Safety Director
Sellen Construction Company

Scott W. Walker, Safety Engineer
Hexcel Corporation

Roger Yockey, Education/Political
Action Director, UFCW Local 1105

Ergonomics Update: MSD Prevention in the Workplace is published periodically by the Washington State Department of Labor and Industries, WISHA Services Division, to share information about ergonomics and Washington's rule making to prevent work-related musculoskeletal disorders. Call 360-902-6515 to be added to the mailing list.

